

# EL MORRO

Vol. 41 No. 3

Fort Buchanan, Puerto Rico

March 2006

Buchanan Health  
Clinic will not close

See page 3

You will soon  
be needing your  
Common Access Card  
(CAC) to log-on!

INFO: Page 7

Are you a  
'Weekend Warrior'?  
No longer!

See page 10

## Reserve installation commanders, chaplains gather here for Senior Mission Commander's Conference

Bustling, engaged, astir, engrossed: you name it: Fort Buchanan was a beehive of activity February 22-24 as it hosted two major US Army Reserve Command events.

The first 2006 Senior Mission Commander's Conference (SMCC) and a concurrent Army Reserve and National Guard Installation Chaplains Conference gathered the commanders and chaplains of the US Army Reserve installations for updates, progress reports and future planning in their respective areas of responsibility.

For the SMCC, the commanders of Forts Buchanan, Dix, McCoy, Devens and the Camp Parks Reserve Forces Training Area met with their Senior Mission Commander (SMC), Maj.Gen Jack C. Stultz, also deputy commanding general of the US Army Reserve Command, to report on the installations' current operations and plans, and to discuss common issues. They also reviewed reports on force protection, transformation and personnel

issues, and received guidance from the SMC. The last day of the conference, the group was treated to a VIP tour of El Morro castle and a walking tour of old San Juan.

A Fort Buchanan team from the directorates of Operations, Human Resources/Airport Liaison; Logistics/Transportation; Information Management/Audio-visual; Community Club / Guest House, working together with Headquarters Company and Medical Retention Processing Unit soldiers provided the support necessary to make the event a success.

The Religious Support Conference brought together the chaplains from Forts Buchanan, Dix and McCoy, and Camps Shelby and Attebury, Forces Command, and the US Army Reserve

Command. They met with medical, psychological, family advocacy, Army Community Service and Veterans Administration personnel to discuss

all aspects of support for the Soldiers. The chaplains also reported on their projects and plans in their respective installations.

Highlights of the event were the panel of clinicians discussing support for post traumatic stress disorder and Veterans Administration

perspectives on Soldiers transitioning into their system. Also discussed were recommendations from the Office of the Chief of Chaplains.

The outcome of both events demonstrated that 'Team Buchanan' is alive and well, and can accomplish its missions with great success.



## Good neighbor policy: Buchanan Soldiers clean up Route 28



Concerned about the appearance of Route 28 (the "Goya" road) that borders the installation's commercial zone, February 10 a group of Headquarters Company Soldiers took to the task of clearing the trash and cutting the grass on the side of the road bordering the fence. The heavily transited road is full of trash thrown from windows and rubble deposited there. The grassy areas had not been mowed for a while. Following the Soldiers' initiative the San Juan Regional Office of the Puerto Rico Public Works Department send a crew and did some additional work. However, much more needs to be done. A special *gracias* to the cleanup team: Sergeants Rick Tabuyo, Jason Mendoza, Angel Marrero and Angel Martínez; Specialists Lissette Cuevas, Alexis Cruz and José Colón, and Private Huberto León.

## FROM THE COMMANDER:



March: a  
promise and  
a heartfelt  
loss

The month of March holds promise and sad passing for us at Fort Buchanan.

The promise revolves around speculation concerning Rodriguez Army Health Clinic. By now it is well known that the clinic is not closing. Indeed the Surgeon General of the Army informs Colonel Aponte she will remain and serve the Fort Buchanan community another year. For this we are grateful. Recently the CG of Eisenhower Medical at Fort Gordon had a town hall meeting on this topic. Your turn out was impressive. Your defense of the clinic I am sure had much to do with the decision to maintain its presence. These events are important for it is recognition that our soldiers and families have done much in the "Long War" and shows the importance your installation plays in that recognition. We should all take the lesson from these turn of events that the sacrifices of the soldiers of Puerto Rico do count very much, and the voice of the soldier of Puerto Rico is heard.

March will be the last full month of service of an important member of the Fort Buchanan community. Brigadier General Jose Rosado relinquishes command of the 65<sup>th</sup> Regional Readiness Command early in April and will retire. General Rosado has led the fine "Primeros" soldiers during the most trying period in recent history; a period when current operations have demanded the

greatest sacrifice in recent times. The soldiers performed well. This certainly reflects the quality of their leadership. Leadership starts with the commanding general. This great soldier, fine leader and gentleman will be missed. But we have every faith and confidence he will continue his service to the Army as a retired general officer lending his advice and counsel. Sir, the United States Army Garrison wishes you well and Godspeed and thanks you for your great service and looks forward to your future service.

February 22nd and 23rd Fort Buchanan hosted the Senior Mission Commander's conference of the four Army Reserve installations. It was the first official visit of the Senior Mission Commander, MG Jack Stultz, Deputy Commanding General of the United States Army Reserve Command. General Stultz articulated the role of Fort Buchanan during this conference as one in support of all reserve components and Department of Defense and Federal assets in the Caribbean. The Garrison has to figure out how to provide support according to proper means consistent with resources given to each for the purpose. But it is clear our role is appreciated.

## SERGEANT MAJOR OF THE ARMY SENDS GREETINGS TO PUERTO RICO'S SOLDIERS

A brief meeting with Command Sergeant Major of the Army, SMA Kenneth O. Preston, at the Army Family Action Plan Conference held January in Alexandria, VA, resulted in a handwritten message from the SMA to the Soldiers from Puerto Rico.

Sigfredo Pérez, mobilization and deployment specialist from Buchanan's Army Community Service attended the conference and met with the SMA, who graciously agreed to pen the message on Perez' conference program.

To all the Soldiers of Puerto Rico,  
Thanks for all that you do for  
America's Army! Hoosh!



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The Editor reserves right to edit all submissions and to determine the suitability for inclusion in El Morro. Every effort will be made to publish submissions in a timely manner, however, time, layout, style and editorial considerations, as well as determinations made by the Commander or the Public Affairs Officer may determine if the submission is published.

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## Surgeon General: Health Clinic 'needs to stay open'

The TOP DOC of the Army met with the leadership of Fort Buchanan, the Army Reserve, the Rodriguez Army Clinic, Puerto Rican National Guard, and the Civilian Aide to the Secretary of the Army, as well as a representative from Puerto Rico legislature on Feb 25 here, to assuage rumors that the local clinic would shut its doors.

Lt. Gen. Kevin C. Kiley, U.S. Army Surgeon General, listened to those gathered which included: Brig. Gen. Jose M. Rosado, Commanding General 65<sup>th</sup> Regional Readiness Command; Col. Stephen Ackman, Commander U.S. Army Garrison; Maj. Gen. (Ret) Felix A. Santoni, CASA; Dr. Miriam Ramirez de Ferrer, Puerto Rico State Legislature representative; Col. Margarita Aponte, Commander Rodriguez Army Clinic; Lt. Col. Rafael Rodriguez-Mercado, 65<sup>th</sup> RRC Command Surgeon; and Lt.

Col. Marta Carcana, Deputy State Surgeon Puerto Rico State Surgeon.

Former State Senator, Dr. Ramirez de Ferrer told the Surgeon General that the Puerto Rican Soldiers are true patriots who are willing to serve whenever our nation calls.

Brig. Gen. Jose M. Rosado along with Col. Stephen Ackman reminded Lt. Gen. Kiley that Soldiers from Puerto Rico, both the Army Reserve and National Guard, have consistently been among the top force providers in the GWOT.

But any doubts that may have existed at the beginning as to the future of the clinic where quickly laid to rest when Lt. Gen. Kiley began to speak.

"Puerto Rico has played a significant role in the Global War on Terrorism and shutting down this clinic at this time would be sending the

wrong message," said Kiley.

"But I wanted to come to Puerto Rico personally and see the place and hear from you all on what the reasons were to keep the clinic open," he said.

When asked who makes the ultimate determination, the Top Doc smiled and said, "me." He added, "I am the commander of the Army Medical Command and that decision is mine to make and I just have. I am more than convinced that this place needs to stay open."

The Fort Buchanan garrison commander expressed the sentiment felt by all present, "I am glad about the decision



The Surgeon General at his meeting Feb. 25 with Garrison, US Army Reserve, Government, Legislative and Health Clinic representatives. (65th RRC photo by Sgt. John González.)

you have made, because I realize these Soldiers need to be given all the support they can get," said Ackman.

The hope is that a true One Army concept takes place at the Rodriguez Army

Clinic whereby assets from the Army Reserve and National Guard combine their resources and personnel with the Active component to continue to provide the exceptional service they do for our

## Buchanan, Labor Department hold 1st Military Career Fair

In a joint effort, Fort Buchanan and the US Department of Labor will hold a Military Career fair to assist Soldiers returned from the various theaters in the global war on terrorism in their search for new options in their professional careers.

"Soldiers: the federal and local governments and private industry want to hire you!," reads a flyer distributed around post, announcing the event that will take place Wednesday, March 15 from 9:00 a.m. until 4 p.m. at the Buchanan Community Club and Conference Center.

"The main idea behind this job fair is to assist Soldiers injured in theater, especially those whose ailment prevents them from returning to their previous jobs," said Maj. María Juárez, commander of Buchanan's Medical Retention Processing Unit. "We have also heard from many other soldiers who are unemployed or simply would like the opportunity to find a better job. The career fair will provide them that."

Over 40 booths will be available at the fair with representatives of agencies such as the FBI, US Border Patrol and more.

A Soldier's military background, training, qualifications, dependability and talent are skills that make them a valuable resource and the perfect candidate for many organizations.

Interested Soldiers are advised to bring their resumes. The representatives at the booths will provide ample information and assist them with their job search.

Upon request, special accommodations for children will be provided.

For more information, candidates can access [gijobs.net](http://gijobs.net) or contact Spec. Colón at 707-3747 or Ms. Dávila at 707-3365.

## Sgt. Tabuyo selected USAG NCO of the Year

Sergeant Rick John Daligcon Tabuyo, non-commissioned officer in charge (NCOIC) of legal assistance at the Intallation Legal Office has been selected as the US Army Garrison Fort Buchanan Non Commissioned Officer (NCO) of the Year. He was honored at a ceremony March 3.

Tabuyo was born in 1981 in Honolulu, Hawaii. He graduated high school in Oak Grove, Missouri in 1999. He then went to college for two years at DeVry University in Kansas City, Missouri majoring in Telecommunications Management.

Tabuyo enlisted in the U.S. Army in May of 2002 and completed Basic Training and Advanced Individual Training at Fort Jackson, South Carolina. His initial assignment was as a Paralegal Specialist for Legal Services Activity Korea. He was assigned to Yongsan Legal Office but was attached with Camp Page Legal Services.

After his one year tour in Korea, Sergeant Tabuyo was reassigned to Fort Leavenworth, Kansas. He worked for the Command Judge



Advocate in the United States Disciplinary Barracks as a Paralegal NCO.

Tabuyo's awards include the Army Commendation Medal, the

Army Achievement Medal, and the Good Conduct Medal. Other decorations include the National Defense Ribbon, the Global War on Terrorism Medal, the Korean Defense Service Medal, the Noncommissioned Officer Professional Development Ribbon, the Army Service Ribbon, and the Overseas Service Ribbon.

Tabuyo will now go before the Installation Management Agency (IMA) board later this month to compete for the title of IMA Soldier of the Year.

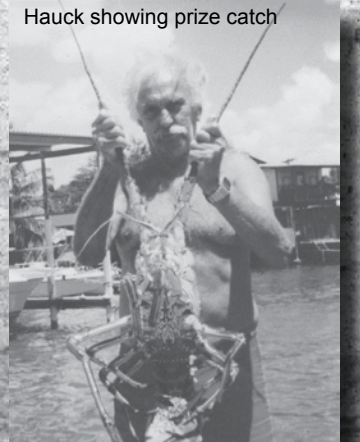


# The amazing life and adventures of Harry Hauck

Former Buchanan SCUBA  
instructor, now 77, still  
hitting the waves



Hauck showing prize catch



Hauck swimming past El Morro at the start of his 36-day swim around the island in 1988. He and his wife and children became the first family ever to swim across the English Channel.

By: Melissa Zayas  
El Morro Staff Writer

Harry Hauck, professional scuba diver, long distance swimmer and former US Navy Frogman has lived his 77 years to the fullest, and continues his breakneck pace with the same enthusiasm of his earlier years.

His most recent project: restoring an antique cannon found off the waters of San Juan and donated to Fort Buchanan. The cannon might have been from one of the Earl of Cumberland's warships in 1598, when the British invaded the island near Santurce and held it for several months until an outbreak of the plague forced them to retreat.

In 1988 Hauck also donated a Spanish anti-personnel cannon probably dating

to 1775. It was found off the Dorado coast in 1987 by him and the then existing Fort Buchanan Divers Team. This artifact is now located in front of the Headquarters building.

"It was curious because one of the divers saw a pile of rocks that didn't belong to that area, under this pile of rocks was where we found the cannon," Hauck said. "At that time they placed rocks at the bottom of the wooden ships for ballast. When the ships sank the wood would deteriorate, so the only thing that would be left was the rocks."

In 1982, at age 54, Hauck became the first person to swim non-stop from St. Thomas to Puerto Rico, doing it non-stop for 30 hours. he did at the age of 54 in 1982. The purpose was to promote

physical fitness for senior citizens. Having been bitten once by an eight foot shark, Hauck decided to tackle this swim inside a cage.

## English Channel swim

In 1986 at age 58 he and his family successfully completed a relay swim across the English Channel to promote family values.

Proudly representing Puerto Rico, the Haucks were the first family to accomplish this, and were the only one until 1993, when the Maroney family from Australia did so. No other family has repeated the feat to date. It took the Haucks 11 hrs. 13 mins. to swim from England to France. His only comment about an exploit anyone would be extremely proud of? "It was cold!"

Hauck also swam around

the island of Puerto Rico in 1988 at age 60, as part of an anti-drug crusade co-sponsored by *Hogares CREA* and Fort Buchanan. The event took him 36 days.

Hauck would swim each day to a different beach around the island. An anti drug rally was held at each of the beaches. He swam three major laps for 10 consecutive days each, with one-day rest stops in Mayagüez, Ponce and Roosevelt Roads.

In another feat, he swam for 24 consecutive hours at the *Escambrón* beach as part of an AIDS awareness campaign.

He has also contributed to the environment. He and his Fort Buchanan divers together with other diving clubs conducted dozens of beach cleanups around the island, where they would clean un-

derwater trash. He received ample recognition for this from the NAUI underwater instructors association and environmental groups.

Hauck came to Puerto Rico 40 years ago when he was hired at the Caribe Hilton as a swimming coach. He was also the first Water Polo coach on the island. In 1982 he began working at Fort Buchanan in charge of the scuba diving program.

Hauck's dedication has received ample recognition especially for the clean-ups that he has done at public beaches and his support of noble causes. In 1992 he was named Citizen of the Year by the Puerto Rico Environmental Quality Board..

His comments on all these adventures and feats? "I am what I am," he said, "there's still more to come."



# Fort Buchanan

Col. Edward C. Short is commandant of the new Counter-Insurgency Academy at Camp Taji. Photo by David Olson.

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*Former Buchanan commander now serving in Iraq*

## Trying to win hearts, minds of the Iraqis

By [Nancy Montgomery](#),

Courtesy of Stars and Stripes  
Mideast edition

CAMP TAJI, Iraq — In a new effort to shift the military focus from war-fighting to winning Iraqi hearts and minds, commanders and their staffs coming to Iraq must now spend five days in a class studying counter-insurgency theory, techniques and intelligence. The Counter-Insurgency Academy, run by an Army Special Forces colonel on this sprawling base north of Baghdad, started up in November under orders from Gen. George Casey. So far, its instructors — Special Forces soldiers, contractors and Iraqi guest lecturers — have taught some 350 company, brigade and battalion commanders and their staffs that the conventional operations they've been trained to do — sweeps, searches and raids — will not defeat the insurgency.

"In counter-insurgency,

the number one thing is to take care of the population," said Col. Chris Short, academy commandant. "You want to separate the insurgents from the population. We have to show the population we have a better alternative. Now



we're saying 'Hey, [brigade] commander, you are responsible for the people.'"

The academy is an acknowledgment that the Iraq insurgency is likely to continue for years. "We're in the infancy," Short said. "It

takes 10 to 15 years. One of the big things about an insurgency — you've got to be patient. "The good news is that doesn't mean we've got to be here fighting it for 15 years," Short said. "When we get the population to support the government and they can see the government is the way to go, that's when folks are going to start to say another brigade doesn't have to come back."

According to statistics included in a report by Joseph A. Christoff, director of international affairs and trade at the Government Accountability Office, who testified Feb. 8 before the Senate Foreign Affairs Committee, coalition forces' efforts over the past two years to defeat the insurgency appear to have been ineffective.

The nearly 2,500 attacks in December, according to Christoff, were almost 250 percent of the number in March 2004. "There are peaks and valleys," Christoff said, according to The New

York Times, "but if you look at every peak, it's higher than the peak before."

"Who does winning hearts and minds?" Short said. "It's definitely not [brigade combat teams], the way they've been taught to fight."

Although kicking in doors may still be necessary, Short says, it also tends to increase support for insurgents. There are better, more subtle, indirect ways to woo the population toward supporting U.S. and their own fledgling government, and away from supporting insurgents.

Those ways include understanding the culture, doing better "information operations" to counter insurgent propaganda, and trying to see things from an Iraqi perspective.

For example, Short said, Iraq is an honor society in which men are shamed if they can't provide for their families. So if they're offered \$50 to dig a hole by the side of the road that will later be filled with a bomb, they'll do it, and it doesn't mean they're

evil. "Despair in the population makes it ripe for an insurgency," he said. "Culture, tribalism — that colors this insurgency."

The conventional warfare response to roadside bombs has been to try to find them and clear them, Short said, and search for the bomb-maker. "What we teach is: 'Hold up. Somebody's helping them. People are disenfranchised and they see helping the terrorists as an alternative.'"

So an important part of the effort, he said, is economic backup to improve people's lives, provide services, all the while trying to stay in the background, with Iraqi army and other Iraqi officials in the front, giving legitimacy to the new government.

The statistics there have been discouraging as well. According to testimony at the Feb. 8 Senate Foreign Affairs Committee hearing, almost every measure of the performance of Iraq's basic services — oil, electricity, water and sewerage — show the country in worse shape than before the war, even though \$16 billion of American taxpayer money has already been disbursed in the Iraq reconstruction program.

The course also teaches discerning the "centers of gravity," or influential trends and leaders in an area, and getting thus-enlightened soldiers out from their bases and mixing with the Iraqi people on dismounted patrols.

"Special Forces — for us, it's second nature. We do it all the time," Short said. "The problem is [regular troops] need to do that now. Is it more dangerous? Sorry. You deal with that. And that's what we've got to get these guys to understand. The gain will outweigh the dangers."

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2006 brought a new era to Fort Buchanan. Under the new infrastructures revised by the Installation Management Agency (IMA), brought two garrison support groups under one Directorate. Under this concept, a new milestone was born bringing the installation Fire Department under Chief Johnson and the Provost Marshal under MAJ Hegwood. Together, the Directorate of Emergency Services (DES) was created. In this capacity, police services and fire protection operations

are ready to ensure that offenses against people and property are thoroughly investigated through fair and just procedures and protection of community through medical and fire hazardous responses are available 24/7.

To celebrate this milestone, on 11 January a DES baseball game was held at Maxie Williams Field. Both teams came together to celebrate a "Family of One" to support Fort Buchanan's mission for decades to come.

## Antilles Elementary School children boost our Soldiers' morale

What do AES students and National Guard soldiers in Iraq have in common? They appreciate one another.

Back in the fall, AES teachers worked with their Pre K through Second Grade students on a "Holiday Cards for Soldiers" campaign. Coordinated by Ms. Ivette DeLucca, a Kinder teacher. With the full support of Principal Jacque Taton-Saunders, a packet of the work produced by the children was sent to our soldiers in Iraq.

We are sure that these messages, as heartfelt as they were, were meaningful to the soldiers who received them. We are sure that they all appreciated these messages full of innocence, candor and well wishes from the AES

children. However, there was one particular soldier who was so touched by these messages that he did something about it.

This week, a parcel was received from SPC Hector Alvarez with individual letters and gifts for three of the children, namely Jose Colon, Theresa Correa and Sara Justiniano, all first graders.

The gifts were personalized book bags for the children with their names written on them, as well as teddy bears for the girls. In the letters, SPC Alvarez thanked the children for remembering the soldiers fighting for our freedom so far from home when so many adults do not think of them. He



Sara, José and Theresa proudly show the gifts and letter they received from Spec. Héctor Alvarez in response to their Holiday cards. Photo by Vicente Vélez, El Morro staff.

encouraged them to study hard, and mind their parents and teachers.

AES looks forward to the safe return of all our soldiers because so many of them are parents of our students. However, SPC Hector Alvarez's return will be an event for us because his thoughtful gesture and

generosity brought tears to the eyes of Administrators and office staff alike. We would like to invite SPC Alvarez to visit the school, meet the children if at all possible, and to thank him personally for his sacrifices and for defending our freedom so far from home.

## Attention all Commanders, CSM, 1SG, PAC Clerks, and S-1 Representatives:

As of March 1, 2006 the local DMPO-Finance is no longer processing Financial Documents. We were notified on Monday 27 February 2006 that we will be sending all financial documents to DFAS Indianapolis, Indiana to be processed.

With the new process of Finance Documents being sent to DFAS Indianapolis, IN. It will cause our turn around process time of 24 to 72 hours.

All supporting finance representatives are reminded to do the following:

- A. Bring in finance documents on a daily basis or as they are received in your office.
- B. Outlying units are to explicitly request additional support from Finance when needed.


The Fort Buchanan supporting Finance Office is located in Bldg. 399 right across from the 65<sup>th</sup> RRC HQs. The hours of operation are Mon, Tues, Wed, & Fri From 0900 to 1530hrs. Thursday hours are 1300 to 1530. The finance office is closed for lunch from 1200 to 1300 daily.

Please remember timely submission of pay documents is essential for soldiers finance well being. If you have any questions or concerns feel free to contact the Finance Office at (787) 707-2623

### TO OUR VALUED COMMISSARY CUSTOMERS:


Your commissary is using a new streamlined processing procedure for returned checks. We view this as a win-win situation for commissary shoppers and store employees looking for better ways to provide customer service. The new centralized returned-check processing will not affect the way you write checks but will substantially reduce the number of paper checks returned to commissaries for insufficient funds. This process will also standardize redemption processes within commissaries and allow store employees to devote more time to customer service.

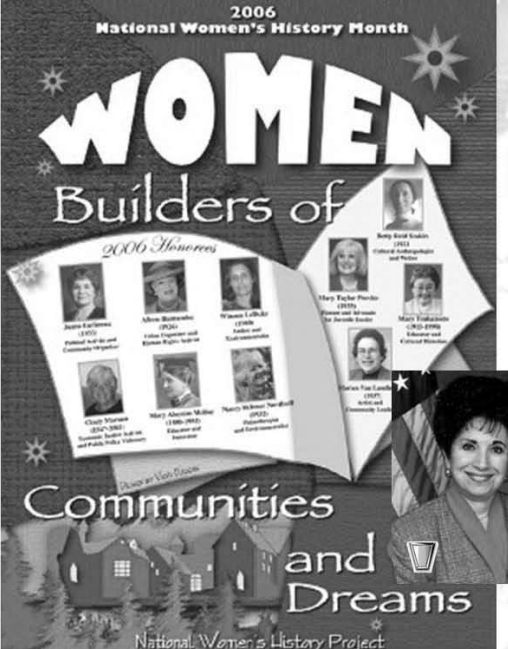
Previously, returned checks were routed back to the commissary for collection but are instead routed to a centralized processing site run by a business that has successfully performed this service for a variety of businesses. To assist you in understanding this new process, information is available at the Commissary or read the next issue of El Morro.



2006  
National Women's History Month

**FORT BUCHANAN  
COMMEMORATES**





**GUEST SPEAKER**

**Florabel G. Mullick, MD, SES**  
**AFIP Principal Deputy Director**  
**(Armed Forces Institute of Pathology)**

**WHEN:** THURSDAY, 23 MARCH 2006  
**WHERE:** FORT BUCHANAN COMMUNITY CLUB  
**TIME:** 1130 – 1300 HOURS  
**RSVP BY E-MAIL:** jorge.milletcastillo@us.army.mil



## Army recruiting for physician assistants

By Ann Erickson

The Army is short about 100 physician assistants and is stepping up attempts to recruit both civilians and Soldiers to do the job.

This is the first time that the Army Medical Department, or AMEDD, has recruited certified civilian physician assistants to join the Army, said Capt. James Jones, Interservice Physician Assistant Program manager. He said the Army's modularity and high operations tempo contributed to this change.

"We have a recruiting mission to obtain 20 civilian physician assistants this year, but this is likely to rise to 60," he said.

The Army offers qualified officers, warrant officers and enlisted Soldiers an educational opportunity to become a physician assistant through the IPAP located at the AMEDD Center and School, Fort Sam Houston, Texas. The Army trains

alongside candidates from the Air Force, Navy, Coast Guard, U.S. Army Reserve, National Guard, and U.S. Public Health Service, said IPAP officials.

"The Army plans on filling the shortages by increasing the number of students in the IPAP - this year we are training 92 Army students versus 60," Jones said.

Upon completion of the program, graduates earn a master's degree from the University of Nebraska and receive a commission in the Army Medical Specialist Corps as a second lieutenant. Officer students receive constructive credit for their commissioned service in accordance with DOD Instruction 6000.13.

Graduates must pass the Physician Assistant National Certifying Exam before they can provide healthcare to Soldiers, AMEDD officials said.

There is also a new program called the Requirements

Completion Course that is designed to help Soldiers complete the program's prerequisite courses.

"This is another way that we are working to reduce the shortages while still maintaining the highest quality medical provider possible," said Jones.

Army physician assistants are frontline medical responders, said Jones.

"They are usually the first medical care that Soldiers receive before being transported to a hospital," he said. "They are a critical component of the Army."

Applications for the IPAP must be sent by March 1 to the program manager at:

HQ, USAREC  
RCHS-SVD-PA  
1307 Third Ave.  
Fort Knox, KY 40121-2726

For more information about Army physician assistants or the IPAP and its requirements, visit <http://www.armypa.info>.



Kelly Wilson (left), Lynelle Johnson and Genna Griffith send their regards to troops at the "Love Our Troops" pavillion Feb. 7 on Times Square. US Army photo by Sgt. 1st Class Eric Reinhardt

## New Yorkers send world's largest digital Valentine to troops

Operation Love Our Troops, billed as a "Guinness Book of World Records" attempt to create the largest digital Valentine for America's troops, took center stage Feb. 7 in Times Square.

Love our Troops is a joint effort between Soldiers' Angels, a nonprofit military support group, and Library of Life.org, a "digital scrapbooking" Web site whose pages include numerous tributes to fallen service members.

Organizers said they hoped their presence in Times Square would give a significant boost to the number of signatures by 13, 17,390 messages had been received as of Feb. 13.

## Army begins CAC logon for computers

The Army began implementing CAC Cryptographic Logon last month and will soon require a common access card and personal identification number, or PIN, to log onto the Army's unclassified network.

By March, about 10,000 Army users, including

most Pentagon staffers, are expected to be logging onto their computer network by scanning their card.

By summer, implementation should be Armywide, G6 officials said.

"Protecting identity is critical as the Army moves forward to deliver a joint net-centric, information enterprise," said Lt. Gen. Boutelle, Chief Information Officer/G6.

"One of the greatest vulnerabilities

of our networks is posed by weak user names and passwords," Boutelle said. "Spyware or keystroke tracking software can steal your username and password, and even your PIN. It cannot steal your CAC. The Army's goal is to eliminate the use of username and password."

Before the CAC Logon is implemented across the Army, workshops will be offered, G6 officials said.

A workshop for major command and region information management officers was recently held at Fort Sam Houston, Texas, where implementation plans were also discussed.

CAC logon allows users to be authenticated with something they know — their PIN, and something they have — a CAC, officials said. CAC is a type of smart card with electronic information about an owner

and digital public key infrastructure, or PKI certificates that insure identity.

Part of the CIO/G6 mission is to protect and defend the Army systems, networks and information, officials said. Key to that mission is reducing vulnerability of the unclassified network through security measures such as CCL, they said.

CCL also meets the directives on identity protection published by the Army vice chief of staff in 2005 and the president's 2004 Homeland Security Presidential Directive 12.

Recently, DoD's Joint Task Force Global Network Operations started accelerating PKI implementation throughout DoD.

In the near future, the Army's intranet AKO will also require CAC logon, officials said. They said the Army is currently testing and vetting the capability to use CAC logon outside Army networks.



## AKO goes CAC

Over the past few months, DoD has released a series of warning orders, tasks, and initiatives that make security and user authentication a top priority. AKO has reviewed all pertinent requirements, and has determined that a phased approach will be the best way to increase CAC usage on the site in accordance with policy. The following questions provide pertinent information.

**Q: What AKO services will be restricted to a CAC session and when?**

**A:** In the near future, AKO will require all DA Civilians to perform two specific actions - (1) changing your password and (2) sponsoring a guest account - with a CAC session. This means that you will not be able to change your password or renew the accounts of any guests

**SEE AKO/CAC ... page 14**

## New streamlined payroll system to be implemented on post

Transformation to a new modernized version of time recording and attendance is underway at Fort Buchanan. The Installation Management Agency (IMA) has mandated a change in the old systems at all IMA garrisons, region offices and the headquarters to the new Automated Time Attendance and Production System (ATAAPS).

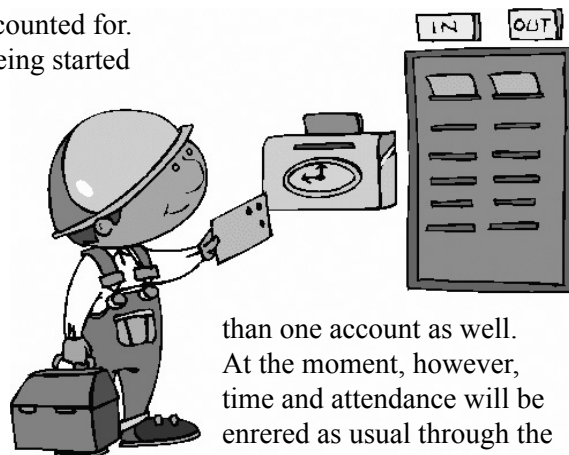
The system will provide a single-source, automated service for the input of time and attendance and labor production. The data will be collected for reporting purposes where the information will then be sent to accounting and payroll systems that are compatible.

This represents a major change at Fort Buchana in the way that time and attendance is entered into the system,

certified, and accounted for. The System is being started as part of an IMA mandate to change.

IMA envisions the development of a more detailed cost database, tied to common levels of service support, which will facilitate better future decisions on which services to provide and at what level.

The system has already been tested and operational by the U. S. Department of Energy and Army Corps of Engineers. The new Web-based system would eventually allow employees to review and enter their labor data and charge time for more



than one account as well. At the moment, however, time and attendance will be entered as usual through the timekeepers.

The system would gradually move from centralized time and attendance input by organizational timekeepers, manual certification of the time sheets by supervisors, and charging each employee's labor cost to one account, to a totally decentralized time and attendance input by each employee, electronically certified by supervisors, and potentially

charged to multiple accounts, IMA officials explained.

ATAAPS will support the different types of work schedules that many departments find essential on post. The assigned timekeepers will still need to support employees on changes of activities and any corrections that need to be applied to the electronic time sheet. While procedures for reporting employees' time sheets will eventually change, the way for requesting comp time, leave or overtime will remain the same.

Preparation for the change-over is projected to take place within a 120-day window consisting of five task levels initially set to begin mid-January. During this time work centers would be established and accounting software downloaded. IMA Headquarters would then train the

trainers in one of the central locations in the Northeast Region approximately two weeks before the go live date late May or early April.

Employees would then be trained by those already proficient in the system from the weeks prior to the start of the program and continue through the end of the first pay period.

AATAPS will eventually provide officials with the actual and individual Service Support Program to enable the proper evaluation of labor costs. The figures that present themselves will then be evaluated and assist leaders in making effective decisions pertaining to installation needs.

More information will be provided in future issues of EL MORRO.

## Careful: dietary supplements may cause more harm than good

By Mario Beltrán, MHS, MBA

The Chinese botanical ephedra, or *ma-huang*, is sold as a dietary supplement in the United States. Ephedra is the common name for three principal species: *Ephedra sinica*, *Ephedra equisetina*, and *Ephedra intermedia*. The active compounds in the plant's stem are the alkaloids ephedrine, pseudoephedrine, norephedrine and norpseudoephedrine.

Alkaloid content and composition vary by species and growth conditions; total alkaloid content can vary from 0.5% to 2.3%. Ephedrine, the most potent alkaloid, can account for up to 90% of the total alkaloid content and pseudoephedrine can account for up to 27%. The pharmacologic activity of an ephedra sample depends on its alkaloid composition. North American ephedra species, such as *E. nevadensis* (known as Mormon tea), contain little or no ephedrine or other alkaloids.

Ephedrine enhances the release of norepinephrine, which stimulates heart rate, thereby increasing cardiac output. It causes peripheral constriction resulting in an increase in periph-

eral resistance that can lead to a sustained rise in blood pressure. It relaxes bronchial smooth muscle and is used as a decongestant and for temporary relief of shortness of breath caused by asthma. Ephedrine acts as a stimulant in the central nervous system. Of the ephedra alkaloids, ephedrine is the most potent agent. It may function as a hunger suppressant by acting on the satiety center in the hypothalamus.

Although ephedrine is not approved in the United States as a drug for athletic performance, athletes have used over-the-counter stimulants containing ephedrine or its related alkaloids to enhance athletic performance.

Products containing ephedra alone or combined with vitamins, minerals, or other botanicals are marketed to increase energy and enhance athletic performance. The use of ephedrine, ephedrine plus caffeine, or dietary supplements containing ephedra and herbs with caffeine was associated with a statistically significant increase in weight loss over a relatively short time. Both ephedrine plus, caffeine and ephedra plus herbs containing caffeine were somewhat more effective

than ephedrine alone in promoting weight loss.

### FDA Warning

The U.S. Food and Drug Administration (FDA) advise consumers to **stop using dietary supplements containing ephedra**. In order to protect consumers, the FDA published a final rule on April 12, 2004, that bans the sale of dietary supplements containing ephedrine alkaloids.

After a careful review of the available evidence about the risks and benefits of ephedra in supplements, the FDA found that these supplements present an unreasonable risk of illness or injury to consumers.

The data showed little evidence of ephedra's effectiveness, except for short-term weight loss, while confirming that the substance raises blood pressure and stresses the heart. The increased risk of heart problems and strokes negates any benefits of weight loss. In addition, the FDA considered additional recent studies confirming that ephedra use raises blood pressure and otherwise stresses the circulatory

system. In February 2003, the agency solicited public comments regarding ephedra's side effects and whether ephedra-containing dietary supplements pose a "significant or unreasonable risk of illness or injury."

Essentially all currently marketed dietary supplements that contain a source of ephedrine alkaloids, such as ephedra, ma huang, *Sida cordifolia*, and pinellia, are affected by this rule. The rule does not pertain to traditional Chinese herbal remedies. It generally doesn't apply to products like herbal teas that are regulated as conventional foods. In addition, products regulated as drugs that contain chemically synthesized ephedrine are not dietary supplements and not covered by this rule. These include drugs used for the short-term treatment of asthma, bronchitis, and allergic reactions.

For more information about ephedra among other dietary supplements effects on the body you may contact the Army Substance Abuse Program at the Rodriguez Army Health Clinic. Phone (787)707-2050.



## 65th RRC and Special Forces Soldiers conduct joint training

Story by Staff Sgt. Yves-Marie J. Casimir, 81st Regional Readiness Command Public Affairs Office and Staff Sgt. Gonzalo R. Gonzalez, 65th Regional Readiness Command Public Affairs Office

From the tailgate of "The Mighty Hercules", C-130 aircraft, with nearly 90-pounds of equipment strapped to their bodies, a group of less than a dozen Special Forces (SF) Soldiers, from Fort Bragg, N.C., combat jumped onto the island of Puerto Rico the night of Jan 8.

It looked like the island was under attack, but this was all part of a joint-service, multi-component training operation held Jan 8 – 26 at Camp Santiago, unofficially named Operation: ISLA DEL ENCANTO (Island of Enchantment).

Black Hawk helicopters lined one end of the drop zone, courtesy of the National Guard Airmen of A-Company, 1st Battalion, 11th Group Support Aviation. The C-130 aircraft, which the Soldiers would jump from several times during their training, was provided by the 198th Airlift Squadron – National Guard, the "Buccaneers" (Buccaneers).

Army Reserve Soldiers with the 65th Regional Readiness Command assisted with organizing all sorts of logistics, while Riggers from the 81st Regional Readiness Command, 824th Quartermaster Company arrived with chutes and their airborne expertise.

The days of separation of Active Component, Reserve, and National Guard are over, real war joint-training was about to begin.

For some of the Special Forces Soldiers the idea of training in the Caribbean was more at question than the idea of working with part-time servicemembers. Although sandy white beaches, crys-

tal clear blue skies, and 80 degree weather sounds more like the beginnings of a great vacation rather than a serious training environment, the reality is that in Puerto Rico these topographical variants simply add to the diversity that is available in terms of training.

In the space of less than a few miles one can go from 3,000 feet of lush green tropical rain forest, with jungle canopy, to arid mountainous terrain along with dried up riverbeds.

Camp Santiago, located on the south side of the island, is dry and desert-like with mountains that rise up to thousands of feet in elevation. The terrain and its features are similar to what servicemembers might have to undertake in theater.

Together the island's landscape and Soldiers made for an ideal training environment. "Puerto Rico is a great place to train and we have some outstanding Soldiers here who are eager to put the One Army concept into practice and move closer to the reality of the Joint Warfighting Force," said Col. John Lazaro, Deputy Commander for Readiness and Training, 65th RRC.

Lazaro, an Active Guard Reserve officer who is an Army Jumpmaster as well as a Ranger, coordinated the support given from the 81st and 65th RRCs. His actions fell in line the 65th's motto of being a Proud, Ready and Relevant Force.

The Puerto Rican Air National Guard and their three UH-60 Black Hawk helicopters played a critical role in the training matrix.

A-Co., 1st Bn., 11th GSA, commanded by 1st Lt. Rey Fontanez, provided excellent support for the training missions and ensured that they too learned from the SF Soldiers. With the possibility of an upcoming rotation over-



SSG James A. Tiddy, a rigger with the 824th Quartermaster Company, 81st RRC, instructs the 65th RRC Airborne Soldiers on the proper arm and static line placement prior to exiting the aircraft while Col. John Lazaro demonstrates the technique, with his left hand protecting his emergency chute rip cord. The 81st RRC riggers took time from their busy schedule to conduct Basic Airborne Refresher training to the local 65th RRC Airborne Soldiers here on Jan 23.

seas, the unit used their 14-day annual training to work alongside the Green Berets to better prepare them for future missions.

"We're about to deploy and will be doing the same thing in theater, supporting all branches of service," said Air National Guard Cpt. Raul O. Nieves, C-130 navigator, 156th Air Wing.

They were able to train in aerial gunnery, aerial sniper training, aerial reconnaissance force, and direct action missions. The SF team worked efficiently, leaving little to no time between activities. Everything moved smoothly with all participants aiming toward the same goal: good training.

There was no scheduling limitation for the ranges. With the help of the Air National Guard, there was no long wait or scheduling conflicts to use any of the available aircrafts.

"It was also outstanding training for me and my crew," said Col. Jorge Con- tres, C-130 pilot. Landing on a blackened airfield while using our night vision goggles was something we really needed in terms of training, yet it is difficult to setup. I mean it's not easy shutting down an entire airport and

turning off all the lights so we can train, so for us it was a chance in a lifetime."

Flying the 'birds' provided training for the Airmen. Packing the chutes provided training for the Airborne riggers. "Get ready," yelled the jumpmaster during their pre-jump training on the airport's runway. Staff Sgt. J. Kevin Tiddy, 824th QM rigger, carefully re-inspected their chutes then at the last minute was given a palette of Meals-Ready-to-Eat (MREs) to rig up.

"This is training for me too," said Tiddy as he looped cables to secure the equipment for the exercise. To them this type of training is routine, to us it's cool deal."

The jump took place without a glitch.

With the cooperation of all Active Component, Reserve, and National Guard servicemembers, three weeks worth of realistic and relevant training was accomplished by everyone.

On today's asymmetric battlefield the reality of combat calls for intra-service cooperation as well as the total integration of the reserve components to accomplish missions.

As the Army continues

to adapt to the challenges of the 21st century and realign its forces to be more streamlined and mobile, the need to train together becomes all the more compelling.

"The process is a two-way street, we are enriched by their training and we hopefully will grow in our training as we support and work alongside our fellow Soldiers, Sailors, Airmen and Marines," said Lazaro, whose vision is that more Active Component units—especially Special Operations Forces and Airborne organizations, be they active, reserve or national guard will come "back to the islands" to train.

### 65TH REGIONAL READINESS COMMAND CHANGE OF COMMAND CEREMONY

THE 65TH REGIONAL  
READINESS COMMAND  
INVITES THE GENERAL  
PUBLIC TO ATTEND  
ITS CHANGE OF  
COMMAND CEREMONY  
SUNDAY, APRIL 9  
STARTING AT 1:00 P.M.  
AT WILLIAMS FIELD,  
FORT BUCHANAN.

THIS CELEBRATION  
WILL CULMINATE  
THE FOUR YEAR  
TENURE OF BRIG. GEN.  
JOSE M. ROSADO  
AS COMMANDING  
GENERAL, 65TH RRC.

JOIN THE SOLDIERS AND  
EMPLOYEES OF THE 65TH  
IN THIS TRADITIONAL  
CEREMONY HOSTED BY  
LT. GEN. JAMES HELMLY,  
CHIEF ARMY RESERVE  
AND  
COMMANDING GENERAL  
U.S. ARMY RESERVE  
COMMAND.

FOR ADDITIONAL  
INFORMATION PLEASE  
CONTACT  
THE 65TH RRC PUBLIC  
AFFAIRS OFFICE  
AT (787) 707-4988/4987.



# PHOTO OPS



Fort Buchanan Commander, Col. Stephen Sackman participated in a special ceremony held in front of the Capitol Building March 2 to commemorate the granting of American citizenship to Puerto Ricans on that date in 1917. Senators, representatives of the various military services and veterans groups were among the guests. (Puerto Rico Senate photo)



Buchanan's "Golden Agers" and their instructor proudly and happily pose for the camera. The group exercises regularly, setting an example for all to follow.



AND OFF THEY GOOOO - 13,000 runners participated in the "World's Best 10K Run" held February 27. Among the runners were members of the Fort Buchanan team that will participate in the annual Army Ten Miler. (Photo by Vicente Vélez, PAO Staff)



RECOGNITION -- Garrison Commander, Col. Stephen Ackman (right) and HHC First Sergeant Reynaldo Castellano flank the recipients of awards and reconitions at a ceremony held March 3. The ceremony honored Sgt. Rick Tabuyo, selected as Fort Buchanan NCO of the Year. Tabuyo is shown here, third from right, with his family. Also recognized were police Lieutenant Tomás Acosta (second from right) and Officers José Plaza and Andrés Jiménez (right to left after US flag.) Photo by Vicente Vélez, PAO staff.





Pfc. Derek Castro, from the 490th Civil Affairs Battalion, points out to curious Iraqi youngsters in Taji, some new civil affairs construction projects, including schools, housing and irrigation systems.



2nd Lt. Amos Fox, from the 4th Infantry Division, clears a building in Haswah, Iraq, to provide security for pilgrims who will be passing through the area on their way to the holy city of Karbala.



An Iraqi child is greeted by Staff Sgt. Robert Proteau, from 2nd Squadron, 3rd Armored Cavalry Regiment, during a patrol in Tal Afar.



CASTILLO SERALLES, PONCE – 63 Soldiers from the 448th Engineer Battalion "Charlie" Company give themselves a round of applause for their outstanding performance in support of Operation Iraqi Freedom. They Reserve Soldiers belong to the 65th Regional Readiness Command and are headquartered in Ponce Puerto Rico. The Castillo Seralles was the backdrop for the Welcome Home Warrior Citizen Award Ceremony, an event sponsored by the Army Reserve to pay tribute to the sacrifice of these brave Soldiers and their Families for their years of service to our nation. (65th RRC photo by Staff Sgt. Gonzalo González)



**Having lots of fun! --** Boys and girls participating in Buchanan's soccer league gathered for an afternoon of fun and games to celebrate the closing of the season. (Photo by Vicente Vélez, PAO Staff)



## Army Reserve launches programs to boost recruiting

### *Soldiers can receive \$1K for referrals*

By Lt. Col. Mac Balatico, Office of the Chief, Army Reserve

Army Reserve Soldiers are now eligible for a \$1,000 bonus for providing referrals through the Sergeant Major of the Army Recruiting Team program. Details on the program are available at the following link: <https://www.usarec.army.mil/smart/index.htm>

The bonus will be paid to the Soldier making the referral only after the referral completes and graduates from Initial Entry Training (IET).

Prior to and in anticipation of the \$1K referral bonus, the Army Reserve launched the "Call to Duty" strength campaign. As part of this campaign, the Army Reserve produced a Call to Duty wallet card (see picture) for distribution to all Army Reserve Soldiers. The card serves as a handy talking point resource that assists our Soldiers in conveying the Army Reserve's universal messages to answer the Call to Duty, blending with their own experiences to attract and invite quality Soldiers to join the Army Reserve team.

The Call to Duty wallet card provides a short listing of benefits and incentives, and the US Army Recruiting Command (USAREC)

website address and toll free number to share with potential Army Reserve Soldiers. The card provides basic information and awards Soldiers can qualify for through Operation SMART, the web address to create a user account, referral tracking and access to individual referral reports.

"The current recruiting environment is the probably the most challenging we have faced in the history of the all-volunteer force," said Lt. Col. Jon Dahms, Chief of Recruiting Communications for the Army Reserve. "We need Soldiers at all levels to share their stories because people listen to our Soldiers, find them believable and respond to them in a positive way. No mass-produced television ad can match the power of a heart-felt, face-to-face exchange between current and future Army Reserve Soldiers." The bottom-line is, Soldiers are the Army Reserve's best source for recruits and we need their help, Dahms said.

The wallet cards were sent out in January 2006 to Army Reserve major commands with instructions to disseminate the cards to all Army Reserve Soldiers. Commands also received implementation instructions from the Army Reserve G-1. Army Reserve benefit information is available

online at GOARMY-RESERVE.COM along with regular updates in the Army Reserve Magazine.

To assist the Army's recruiting campaign; Congress authorized and granted the Secretary of the Army the authority to pay Soldiers the \$1,000 referral bonus. The bonus is an incentive to encourage members of the Army to refer other persons for enlistment in the Army.

The referral bonus became effective January 18, 2006. Eligibility for the \$1,000 referral bonus requires that any Soldier submitting a referral be a member of the regular component of the Army, the Army National Guard (Selected Reserve) or Army Reserve (Selected Reserve) to include AGR. A referral may elect to serve in any component of the Army (Active, Army Reserve or National Guard) and does not have to enter the same component as the Soldier making the referral.

To receive credit for a referral, a Soldier must first establish a user account prior to making a referral. Again, Soldiers can

A referring Soldier must submit personal information on the website (to include social security) number to facilitate DFAS payment via electronic fund transfer.



Brig. Gen. Jose M. Rosado, 65th RRC Commanding General talks with Soldiers from the 423rd Transportation Company prior to their departure for mobilization training in Indiana.

## 423rd departs ... again! ... for OIF

Over 160 Soldiers with the 423 Transportation Company departed Jan 21 for mobilization training at Camp Atterbury, Indiana.

The unit has already served once in Operation Iraqi Freedom and did an outstanding job in 2003. Although this is the unit's second time, many of those deploying are new to the com-

pany. When the call for volunteers was made to the 65th RRC, they found that they had far too many Soldiers then they had spaces within the company. Once again the 65th RRC Soldiers prove that in this time of need, the PRimeros are proud to be ready and relevant to serve when our nation calls.



Above, Soldiers from the 423rd line up just before boarding the bus that will take them to the airport.

Left, 346th Transportation Battalion Command Sergeant Major Jaime Garcia shakes hands with departing Soldiers from the 423rd TC.

65th RRC photos by Staff Sgt. Gonzalo González.



## Found a lower price? Let the Fort Buchanan PX and PXTRA know and they'll match it!

By Claribel Ilaraza  
Fort Buchanan PX

Since they were established in 1895, the military exchanges' mission has essentially been the same: provide necessary merchandise and services to the military.

While the retail landscape has changed dramatically over the past 110 years, PXs and BXs of the Army & Air Force Exchange Service are constantly seeking initiatives that meet the needs of troops and their families in the most affordable manner possible.

"Maintaining the strength of the exchange benefit in today's competitive retail environment is no easy task," said Dana Johnson GM of PR Exchange. "It is only through proactive surveying and review

that we can ensure that AAFES prices are routinely lower than the competition."

Even with consistent monitoring, AAFES found it necessary to institute a program that would ensure that, in the event AAFES doesn't have the lowest price; authorized customers always receive the best price.

Today's "We'll Match It!" effort works in two ways. First, if customers see a price differential of less than \$10 they can tell the cashier who will match it on the spot. Customers who report a price difference of greater than \$10 dollars need only to bring a current local competitor's ad to receive the reduced price.

In either case the competitor's item, of course, must be identi-

cal to the item in the AAFES store.

"AAFES is committed to having low prices," said Johnson. "We'll Match It" is simply our last line of defense. After AAFES conducts national surveys and associate from the Fort Buchanan PX compare local prices, the customer has this program to make sure no one missed anything."

"We'll Match It!" promotes AAFES as a price leader with a pledge that retail stores will match competitors' current, local price on any identical stock assortment.

In addition to this same-day pledge, the PX also offers a 30-day price guarantee on any item originally purchased from AAFES and subsequently sold at a lower price by AAFES, or another

local competitor (excluding unauthorized dealers and warehouse clubs).

Since AAFES does have a dual mission to provide quality merchandise and services at competitively low prices and generate earnings to supplement Morale, Welfare and Recreation programs, there are exceptions to the "We'll Match It!" program.

Except for the Exchange Catalog and aafes.com, stores cannot accept challenges from any catalog or website.

Other exclusions include "gimmick" promotions, warehouse clubs, special order automotive parts, gasoline, automotive labor/service, double and triple coupons, clearance items, flat percentage off items and vending items.



"We'll Match It!" is available every day of the year exclusively at AAFES facilities around the world. Purchases from the Exchange generate funds for much needed Morale, Welfare and Recreation (MWR) pro-

grams. In 2004, AAFES contributed more than \$242 million dollars to MWR in support of youth activities, outdoor recreation, bowling facilities and other quality of life programs on military installations worldwide.

## What exactly is identity theft and what can I do about it?

Identity theft occurs when someone steals your personal information to take over your credit accounts, open new ones, take out a loan, rent an apartment, access bank accounts, or commit many other crimes using your identity.

When it strikes, the effects can be devastating. What's more, because it frequently involves no physical theft, identity theft may not be noticed by its victims until significant damage has been done -- often, several months and thousands of dollars later.

### How do thieves do it?

For example they steal your personal information by going through your mail or trash, looking for bank and credit card statements, pre-approved credit offers, and tax information. Then they use your personal information by opening new credit

card accounts using your name, date of birth, and Social Security number. When they use the credit cards and don't pay the bills, the delinquency is reported on your credit report.

### Monitor Your Credit Report Closely

Unless you check your credit report frequently, there's often no way to tell if identity thieves have used your personal information to obtain credit accounts or other services in your name.

### If you are a victim

If you suspect that someone has used your name, Social Security number, or other personal information to get credit or a loan, the following information can help you.

### How to Restore Your Good Name

Keep a record. Because recovering

from identity theft can be a long and complicated process, it's important to keep a record of all communications. Send all letters by certified mail and keep copies. If you think your case might lead to a lawsuit, keep track of how much time you spend dealing with the problem.

Call the police. Report the crime to the police or sheriff's department that has jurisdiction in your case and request a police report. Though the authorities are often unable to assist you, a report may be necessary to help convince creditors that someone else has opened an account in your name.

Contact the Federal Trade Commission. Call the FTC's identity theft hotline at 877-438-4338 and file a complaint. The FTC does not resolve individual consumer problems itself, but your complaint may lead to law

enforcement action.

Check your credit report. Get your credit report and check for inquiries that you do not recognize and any new accounts opened in your name. Because new accounts may take up to six months to show up on the report, continue to monitor your credit report. Get the 3-in-1 Credit Report and see your credit history as reported by the three major credit reporting agencies.

Contact the three Credit Reporting Agencies. Have one of the agencies put a fraud alert on your file, which will aid in preventing new credit accounts from being opened without your express permission.

Fraud Alerts. You may place an initial 90 day alert by calling any one of the three nationwide credit reporting companies. You may place an extended 7 year alert by writing to



## Cards, Gifts Impact Troop Morale

DALLAS – In light of recent reports concerning troop support, it goes without saying that those who have bravely volunteered to serve in Operations Iraqi and Enduring Freedom need America's support now more than ever before.

Since troops deployed to Operation Enduring Freedom in the fall of 2001, the American public has spent hundreds of millions of dollars on stickers and magnets with messages of support. In contrast, critical phone support programs that connect deployed troops with their families have received only a fraction of this attention.

"It's great to let your friends and neighbors know you support the troops, but it's important to let those in uniform doing the job on the ground know as well," said Army & Air Force Exchange Service Chief of Communication Lt. Col. Debra Pressley.

Today, any American can make a tangible impact on the morale of deployed troops by sending a Military Exchange Global Prepaid Phone card or a PX/BX gift certificate through one of two Department of Defense-approved AAFES programs, "Gifts from the Homefront" and "Help Our Troops Call Home."

"Both of these efforts are designed to bridge the gap between the front lines and the home front with either the gift of communication or American products," said AAFES Chief of Communication Lt. Col. Debra Pressley. "Either method has proven to temporarily transport troops from a war zone to a comfort zone."

The gift certificate program, dubbed "Gifts from the Homefront," allows troops to purchase a wide variety of products at any of more

than 50 PX/BX stores in Operations Iraqi and Enduring Freedom. Reports from Iraq indicate that the "Gifts from the Homefront" are regularly redeemed for snack foods, cool drinks and electronics.

"Help Our Troops Call Home" provides Military Exchange Global Prepaid Phone cards that offer up to three hours of calling from the contingency theater to the United States. In December alone, troops spent more than 16 million minutes calling home at 71 call centers located in and around Operations Iraqi and Enduring Freedom.

"Everyone likes to talk to their family during holidays," said Lt. Col. Pressley. "Partnering with the American public to help facilitate that communication is the least we

can do."

"Help Our Troops Call Home" Military Exchange Global Prepaid phone cards are available by logging on to [www.aafes.org](http://www.aafes.org) or calling 800-527-2345. "Gifts from the Homefront" gift certificates can also be sent through [www.aafes.org](http://www.aafes.org) or toll free at 877-770-4438. From there, purchasers may send the phone card or PX/BX gift certificate to individual Soldiers, Airmen, Sailors or Marines (designated by the purchaser) or to "any service member" by choosing to have it distributed through the Air Force Aid Society, American Red Cross, Coalition to Salute America's Heroes, Fisher House, Operation Homefront, Operation Interdependence® or USO.

### AKO / CAC ... from page 7

you sponsor unless you have logged into AKO with your CAC. Guest account renewal will be restricted to a CAC session starting 25 March, and password changes will be restricted to a CAC session starting 29 April.

**Q: How do I login to AKO with a CAC?** A: To login to AKO with a CAC, you must first register your CAC on your workstation, and register your CAC with AKO. For step-by-step instructions, please review the [AKO CAC FAQ and How To Guide](#).

**Q: What hardware and software do I need to register my CAC?** A: You will need a CAC reader and CAC middleware software to register your CAC. To obtain the hardware and software, please contact your local network administrators. The AKO Help Desk cannot assist you with obtaining or installing the CAC hardware or software.

**Q: What do I do if I don't know the PIN that is associated with my CAC?** A: Do not call the AKO Help Desk; they cannot assist you. Instead, please contact your CAC issuing office or central processing/badge office to reset your PIN.

**Q: Where do I go if I need more information?** A: AKO has created the [CAC Resource Center](#) in order to share frequently asked questions and answers, resources, and other information with the Army community.

**Q: When will other AKO account holders be required to use a CAC session to access restricted services?** A: AKO will be notifying Active Army, National Guard, and Army Reserve users in the near future that they will also be required to use CAC sessions to access these restricted services.

## The era of the 'Weekend Warrior' is gone forever

By Gerry J. Gilmore  
American Forces Press

The era of the "weekend warrior" is over, the Defense Department's senior civilian in charge of the Guard and Reserve said Feb. 10. America's reserve components, consisting of 1.1 million Guard and Reserve members, are restructuring to become more capable of being mobilized like their active-duty brethren, said Thomas F. Hall, the assistant secretary of defense for reserve affairs.

This transformation, Hall said, is taking place because of new national security realities that have emerged as the result of the Sept. 11, 2001, terrorist attacks on the U. S. and the ensuing "Long War" waged against international terrorism. During the Cold War the reserve components were structured and equipped to perform as a back-up force to active-duty forces, Hall said. As such, he said, Guard and Reserve members of that era were expected to drill one weekend a month and perform two weeks of annual training. Guardsmen and reservists of that time, Hall added, were also expected to undergo from six months to a year of training before being deployed overseas.

The end of the Cold War in 1991 and the 9/11 attacks changed all that, Hall said. With the collapse of the Soviet Union, there's no longer a need for a large, relatively static reserve force.

And the far-flung war against terrorism, Hall said, has showcased the need for well-trained and agile military forces that can be quickly mobilized for deployment anywhere in the world. About

40 percent of the Guard and Reserve, he said, have deployed overseas to combat terrorists in Afghanistan, Iraq and other places.

Laws likely will have to be changed to facilitate the transformation of the 21st-century Guard and Reserve force, Hall said. That's because the new-style reserve components, he said, will be regulated, constructed and managed differently from the Guard and Reserve of the past. And "you're going to have to look at the contract between the Guard and Reserve," Hall said, noting its members likely will be required to be activated and deployed for up to a year, every six years or so.

"Over a career, you might do that three times," Hall said. It's imperative, he added, that families and employers also are aware of the changed conditions of serving in the Guard or Reserve. "This is the nature of the Long War," Hall said. Fielding a more mobile and capable reserve component force, he said, is necessary for achieving victory over the terrorists.

It's especially needed to transform the reserve components now, Hall said, since they are "absolutely critical" to U.S. national security, comprising about 45 percent of today's total military force.

Also, efforts will be made to upgrade benefits available to activated Guard and Reserve members to mirror those provided to the active-duty military, Hall said.

"When you are in the fox-hole and that bullet is coming, it doesn't know whether you are a guardsman, a reservist or active duty," Hall said, "and you're expected to undergo the same kind of danger. "And, therefore, we ought to make the benefits the very same," he said.





## Boricua with Texas NG unit keeping the coms

Story and Photos By:  
SSG Mark Wojciechowski  
133rd MPAD

TIKRIT, Iraq -- Communications are a major part of forward operating base infrastructure. Operating and maintaining these systems are instrumental to the success of theater operations and Soldier morale.

Whether it is internet or voice communications, the Soldiers of Alpha Company 136th Signal Battalion, from the Texas Army National Guard keep communications going at FOB Speicher, to the United States and to other regions throughout the world. Along them is Puerto Rico native Spec. Israel Guzmán

The unit handles all Voice Over Internet Protocol and data communications for this region of Iraq, explains

2nd Lt. Michael Estrada, 1st platoon leader of Alpha Company, 136th Signal Battalion.

"We are basically the Southwestern Bell of the theater," said Estrada, an Austin, Texas native. "We monitor the switches that all the data goes through."

The unit is composed of "citizen soldiers" from a variety of backgrounds. In civilian life, Estrada is a certified public accountant at Deloitte & Touche accounting firm.

Spec. Leon Elad, a switch maintainer operator, is responsible for manning the shelters and operating the work stations. In civilian life, the Houston native is a student and has worked in computer network engineering.

"It is tough being out here, but it is a good experience for me," said Elad.

Spec. William James, a



Spec. Israel Guzmán (third from left) with his fellow communications experts serving in Iraq from the Texas Army National Guard 1st Platoon A Co. 136th Signal Battalion (left to right) Spec. Leon Elad, 2nd Lt. Michael Estrada, Guzman, Spec. William James, and Sgt. Alan Cranfill. Photo by Staff Sgt. Mark Wojciechowski 133rd MPAD

nurse in civilian life, is working as a wire systems installer, also known as a "Cable Dog." The Huntsville, Texas, native is responsible for running network cables and various phone lines throughout the FOB. James's most recent mission was morale oriented,

running cable line so that the Soldiers could watch the Super Bowl on a big screen.

Spec. Israel Guzman, a native of Puerto Rico, is also a "Cable Dog". He is responsible for assigning phone numbers to different Digital Nonsecure Voice Terminals.

As a civilian Guzman works as a computer network engineer.

"Being in the Guard, we don't get as much hands on time with our equipment as the active duty does, but the guys have really picked up on their jobs and are performing very well here," said Estrada.

### CREDIT ... from page 13:

one of the nationwide credit reporting companies and providing an Identity Theft Report as well as a day and evening telephone number. The requirements for an Identity Theft Report are listed on the FTC's website at [www.ftc.com](http://www.ftc.com). The extended alert removes your name from pre-screened offers of credit for 5 years. You will receive a confirmation when an alert is added to your credit file.

**Active Duty Alert.** If you are a member of the military and away from your usual duty station, you may place an "active duty alert" on your credit report to help minimize the risk of identity theft while you are deployed. When a business sees the alert on your credit report, it must verify your identity before issuing you credit. The business may try to contact you directly, but if you're on deployment, that may be impossible. As a result, the law allows you to use a personal representative to place or remove an alert. Active duty alerts on your report are effective for one year,

unless you request that the alert be removed sooner. If your deployment lasts longer, you may place another alert on your report.

**Sharing of Alerts.** The nationwide credit reporting company that accepts your request for a Fraud or Active Duty alert will share your request with the other two nationwide credit reporting companies, which will add the alert to your file or request that you provide them additional information.

**Freeze fraudulent accounts.** Contact the appropriate creditors, banks, phone companies, and utility companies and have them freeze the accounts. You'll probably be liable for only \$50 of the fraudulent charges, but different issuers have different policies. Most creditors promptly issue replacement cards with new account numbers.

You may also need to contact one or more of the following government bodies, each of which will inform you of the necessary procedures.

Mail fraud

If you suspect that someone has changed your address with the post office or used the mail to commit identity theft, notify the US Postal Inspector.

**Fraud using your Social Security number** If your Social Security number has been used to commit identity theft, contact the Federal Trade Commission (FTC), which is charged with handling most identity theft complaints at 1-877-IDTHEFT (1-877-438-4338). You can order a copy of your earnings and benefits statement to check whether someone has used your Social Security number to get a job or to avoid paying taxes.

**Fraud involving your driver's license number.** If your driver's license number has been used to open accounts or verify checks, contact your state's Department of Motor Vehicles.

**Fraud involving your passport** Notify the U.S. State Department's Passport Services Department of the identity theft so that it can intercept

anyone ordering a new passport in your name.

**Fraud involving a business scam** If the fraud was perpetrated as part of a business scam, contact the National Fraud Information Center at 800-876-7060.

**Bankruptcy filed using your name** If someone filed for bankruptcy using your name, write to the U.S. Trustee in the region where the bankruptcy was filed. A listing of the U.S. Trustee Program's Regions can be found at [www.usdoj.gov/ust](http://www.usdoj.gov/ust), or look in the blue pages of your phone book under US Government: Bankruptcy Administration. Your letter should describe the situation and provide proof of your identity.

This information was extracted from the Equifax website and Federal Trade Commission website. For more information please call the installation Legal Assistance & Claims Office at 707-5155/5154 to schedule an appointment. Our hours of operations are Monday-Friday from 0800-1600



## April: Child Abuse Prevention Month

by Ms. Wilda Díaz, Family  
Advocacy Program Manager

Child abuse is a social problem and finding solutions depends on involvement among people throughout the community. Whereas, approximately 3 million children are reported abused and neglected in our country each year. In fact, 76% of all child abuse fatalities involved children under the age of three. We must dedicate ourselves to preventing these tragedies. We must commit ourselves to protect our children, and keep them safe.

The effects of child abuse are felt by whole communities, and need to be addressed by the all. Effective child abuse prevention programs succeed because of partnerships created among social service agencies, schools, religious and civic organizations, law enforcement agencies, and the business community.

Everyone should become more aware of the negative effects of child abuse and its prevention within the community, and become involved in supporting parents to raise their children in a safe and nurturing environment. For this reason, the Family Advocacy Program (FAP) is providing Fort Buchanan community with child abuse/neglect and family violence awareness and prevention activities throughout the year.

I encourage all to protect our children by recognizing, responding, and reporting ALL child abuse and neglect!

### "Help Our Troops Call Home" support passes \$3 million mark

**DALLAS** – Thanks to the generosity of Americans around the world, the Army & Air Force Exchange Service's "Help Our Troops Call Home" phone initiative has surpassed \$3 million. As of Jan. 1, 2006, more than \$3.2 million in Military Exchange Global Prepaid Phone cards have been distributed to troops throughout Iraq and Afghanistan. Those wishing to send a phone card can log on to [aafes.org](http://aafes.org) or call 800-527-2345. From there, phone cards can be sent to an individual service member (designated by the purchaser) or distributed to "any service member" through the American Red Cross, Air Force Aid Society, Fisher House or USO.



**¡Olé for OLE!** -- Participants of the recent Organizational Leadership for Executives (OLE) Course pose for our camera. Directors, supervisors and managers from Fort Buchanan gathered at the Community Club January 30 to February 10. Conducted by Center for Army Leadership & General Staff College (Fort Leavenworth, Kansas) instructors, the 80-hour course helped participants acquire leadership competencies. Focused on increasing self-awareness and ability to communicate, visualize and forge an organizations' future, the participants learned to conduct organizational diagnoses,

establish effective organizational climate, manage organizational change and overall build a high performing organization. This was the second time the OLE course was conducted on Fort Buchanan. OLE is part of the Army's leadership common core training.

At the graduation ceremony, each of the participants picked a co-worker's diploma and handed it to him or her. Congratulations and a big ¡Olé! to our new batch of leaders!

(Ms. Melissa Zayas, EL MORRO staff, collaborated with this story. DOIM-VI photo by Marcos Orengo.)

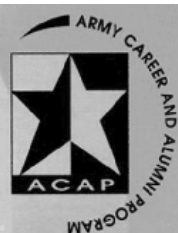
### CID on the lookout for qualified Soldiers, civilians to become special agents

The U.S. Army's Criminal Investigation Command (USACIDC), commonly known as CID, is seeking qualified applicants to become highly trained criminal investigators. Special Agents investigate all felony crime of Army interest, conduct protective service operations, and work closely with other federal, state and local law enforcement agencies to solve crime and combat terrorism.

Agents receive training at the U.S. Army Military Police School and additional training in specialized investigative disciplines. Selected agents receive advanced training at the FBI Academy, the Federal Law Enforcement Training Center, and the Canadian Police College, as well as the opportunity to pursue a master's degree in Forensic Science.

To qualify you must be a U.S. citizen, at least 21 years old with at least two years of service and not more than eight, possess at least 60 semester hours of college credit and a general technical score of at least 110. A minimum of six months police experience is preferred, but not required.

To apply or for more information visit [www.cid.army.mil](http://www.cid.army.mil).



### Fort Buchanan Army Career & Alumni Program

### ACAP TAP Workshop

20, 21, 22 & 23 March 06

at the Fort Buchanan  
Community Club Bldg. 660,

*The Transition Assistance Program  
(TAP) seminars provide information  
that facilitates moving from the  
military to the civilian world.*

If you are within two years of retirement or one year to ETS, contact Mr. Griffin at the ACAP Office to reserve your seats:

**787-707-3681**





*The Interactive Customer Evaluation (ICE) is a powerful tool and reflects our customer's needs. We welcome your comments and exhort our customers to continue providing feedback and valuable recommendations. You can access ICE from any computer with internet connectivity by going to the Fort Buchanan web page at [www.Buchanan.army.mil](http://www.Buchanan.army.mil) and then click on the ICE icon, or go directly to ICE at <http://ice.disa.mil>.*

**Physical Fitness Comment:** I would like to say that I think that the new treadmills that have been put at the GYM are great. I use the facilities almost everyday; the staff is very professional and always say hi. What I would like to address is, I am constantly seeing civilians violating the AR 670-1, although they are civilians I feel if they are using our GYM I think if they are wearing something that is in violation of AR 670-1, i.e. they be asked to leave or correct the problem. Maybe a sign in the front would be a good idea. Thanks

**Physical Fitness Responds:** The concern is about civilians using gray t-shirts like the ones used by military for their PT. A portion of the AR 670-1 referring to the improper use of the PTU will be posted in the bulletin board and staff members will advise civilians on this regulation.

**Service Station Comment:** On Saturday, February 4, 2006, I called the Service Station to find out if they had the tires I needed for my pick-up and they refused to quote the price of the tires over the phone. On my way to Buchanan I decided to stop at a local gas station to check the price and they quoted a price of \$80 per tire. I continued on to Buchanan thinking I was going to get a better deal however; the same tire at the AAFES Service Station was priced at \$81.65. So, I wasted my time and gasoline traveling over half an hour to Buchanan for nothing. If they had told me the price over the phone, I would not have had that inconvenience.

**Service Station Responds:** First of all I would like to thank you for taking the time to fill out an Ice your concerns. It is our policy to not provide quotes of tires over the phone. I apologize for any inconvenience this may have caused you in your quest for tires for your vehicle. Please know that we provide adequate information via phone on quantity and if we carry certain tires or if they must be ordered via special order. We will price match our competition on tire pricing provided it is the same brand, style and manufacturer. We also provide as an AAFES exclusive, FREE mounting with the purchase of tires bought from our service center here on Ft. Buchanan. Rotation and balance are extra. I would be more than happy to reimburse you the difference for the price of the tires you bought elsewhere and I welcome you to verbally express any concerns you have in the future with me or my staff. We hope you will continue to let us service you here on FT. Buchanan Car Care Center.

**A Recommendation:** My brother works at Veteran Hospital and they provide him the mass transportation ticket to use on the tren urbano at no cost. There is a federal mass public transportation program that is by law at all the federal agencies. Why Fort Buchanan is not participating in this program that is supposed to happen by the law? I want to use the train because then I don't have to use my car and get stressed out in traffic. If I can use the train I don't have to spend as much time in traffic coming or going to work. When can I expect to have that program here?

*Continued next page ...*

## Labor Department issues first-ever regulations protecting Soldiers' reemployment rights

Last December the U.S. Department of Labor published regulations in the Federal Register interpreting the law that protects employment rights and benefits of service members upon their return to civilian life. This is the first time since its passage in 1994 that regulations have been developed to help enforce the Uniformed Services Employment and Reemployment Rights Act (USERRA). The department's action is the latest in a series of proactive steps taken to ensure job security for the largest group of mobilized National Guard and Reserve service members since World War II.

"Our citizen soldiers put themselves in harm's way to defend our freedoms, and now it's our turn to be there for them," said Secretary of Labor Elaine L. Chao. "These regulations will ensure that the seniority, promotion, health care, pen-

sion and other benefits of our citizen soldiers are protected when they return home to the jobs they left to serve our country."

Since September 11, 2001, more than 535,000 citizen soldiers have been mobilized, and more than 381,000 service members have been demobilized after generally serving for longer tours of duty than occurred during Operation Desert Storm, the last comparable conflict.

The new rules, drafted in an easy-to-read question and answer format, explain how USERRA protects against discrimination and retaliation because of military service; prevents service members from suffering disadvantages due to performance of their military obligations, and affords them ample time to report back to their jobs following completion of their service obligations.

In addition to the rules, the

Department of Labor has taken other steps to reduce the rate of USERRA complaints including providing briefings to more than 270,395 service members and others on USERRA; responding to almost 306,910 requests for technical assistance; providing an interactive Web site at [www.dol.gov/elaws/userra](http://www.dol.gov/elaws/userra) and publishing regulations and posters advising employees of their rights under USERRA.

This information was provided by Mr. Robert Wilson, chief, Division of Investigation and Compliance, Veterans Employment and Training Services. For more information about USERRA please visit [www.dol.gov/vets](http://www.dol.gov/vets) or call the installation Legal Assistance & Claims Office at 707-5155/5154 to schedule an appointment. Our hours of operations are weekdays (except Thursdays) from 8 a.m. to 4 p.m.

## Army to discharge Reserve non-participants

Under a personnel initiative, Army Reserve and National Guard Soldiers who do not attend required weekend training may soon face streamlined discharge procedures.

In the past, reserve-component Soldiers who did not attend the required number of battle assemblies were sometimes transferred out of their unit and into the Individual Ready Reserve. Now these "non-participants" may be expeditiously discharged from the Army and could lose benefits, according to G1 officials. They said the type of discharge will be determined on a case-by-case basis.

Under the new initiative, non-participating Soldiers will first be encouraged to resume training with their unit, officials said.

The notification procedures for separating Soldiers who do not train with their unit will be abbreviated under the new policy. In the past, four certified letters had to be sent to Soldiers who were not attending training.

Now a notification will be sent and a Soldier will have 30 days to respond. If the Soldier does not respond and return for training, officials said his file will be reviewed by a

board to determine the type of discharge to be administered.

The abbreviated notification procedures for separation will be phased in regionally over a 12-month period, beginning with the East Coast. "The Reserve component will take a full inventory of Soldiers assigned to Reserve units," said Lt. Gen. James R. Helmly, chief of the Army Reserve. "This inventory will identify those Soldiers that have failed to participate in required unit training and have, therefore, been identified as unsatisfactory participants."

The expected result will be fewer non-participants on unit rosters, providing a more accurate picture of unit readiness, officials said. At the same time, other Soldiers can be recruited or promoted into the resultant vacancies.

Col. Elizabeth F. Wilson, deputy director of Military Personnel Management for the Army G-1, said the Army is at war and transforming and must take a full accounting of Soldiers assigned to Army Reserve and Army National Guard units. If Soldiers do not resume mandatory training when encouraged, Wilson said they will be processed for separation.



## Scholarships for military children

The Defense Commissary Agency (DECA) and the Fisher House Foundation have teamed up again to offer educational scholarships to children of military families. The Scholarships for Military Children Program is in its sixth year. The goal is to provide at least one \$1,500 scholarship for each of DECA's 268 commissaries worldwide. Eligible ap-

plicants include unmarried children under age 21 (23, if still enrolled in school) of active duty, Guard or Reserve, or military retiree families. The application deadline for this year's scholarships is 22 February 2006. Application forms are available at commissaries worldwide and at: <http://www.commissaries.com/> or at <http://www.militaryscholar.org>.

### EYES ON ICE ... from previous oage

**Community Club:** The lunch at the community club when up from \$5.25 to \$6.25, 16% percent increase. I would like to know the reason for the increase, because I haven't seen any difference in the menu, quality of the food or service?

**Community Club Responds:** Sir, Thank you for providing us feedback on our programs and services. I appreciate the opportunity to explain the price increase at the Community Club and Conference Center. MWR is divided into different divisions; each division has standards that are mandated by the Department of the Army. Business Operations Division is comprised of Clubs, Golf and bowling; we are required to generate sufficient revenue to cover our expenses. Business Operations does not receive additional funding from other sources and every year new standards are published that mandate required cost of goods, labor costs and net income. In order to meet those standards, prices are adjusted periodically depending on the cost of merchandise that we receive from outside sources much like commercial business. And like commercial business, we do not normally advertise price adjustments made due to economical reasons. Our goal is to offer the best possible price while maintaining the quality of our product and the services that customers have come to expect. We value your business and hope you continue to utilize the Community Club and Conference Center with the many programs that they offer. Thank you again for providing us feedback on our programs and services and I apologize for any inconvenience this recent price increase may have caused you.

**Physical Fitness Comment:** I wish they would offer classes during the mornings like aerobics and cycling or toning classes like the ones they offer in the afternoons around 5:30 if they could offer them during the morning around 7 - 10 a.m.

**Physical Fitness Responds:** Thank you for your constant support and participation in our Fitness Center facility. We have already a schedule of other classes we would like to offer. We have two Aerobics instructors and one vacancy that needs to be filled to be able to conduct more classes. At this moment we are offering Spinning (Cycling) classes on Fridays at 0615 and on Saturdays at 1030. The Golden Age Program meets on Tuesdays and Thursdays at 0900 even though it is for 50 & over others can join in the activities. The activities for this year include walking, water aerobics, body toning and more. We would be happy to accommodate you in any of these group activities. There are other events to be offered in the near future that are available to you. Announcements will be posted in the facility bulletin board. Thanks again for your patronage.

## Cell phones and gas pumps don't mix!

By Pablo Cotto  
Safety Officer

The Shell Oil Company recently issued a warning after three incidents in which cell phones ignited fumes during fueling operations.

In the first case, the phone was placed on the car's trunk lid during fueling; it rang and the ensuing fire destroyed the car and the gasoline pump.

In the second, an individual suffered severe burns to their face when fumes ignited as they answered a call while refueling their car.

And in the third, an individual suffered burns to the thigh and groin as fumes ignited when the phone, which was in their pocket, rang while they were fueling their car.

You should know that:

Mobile Phones can ignite fuel or fumes Mobile phones that light up when switched on or when they ring release enough energy to provide a spark for ignition. Mobile phones should not be used in filling stations, or when fueling lawn mowers, boat! , Etc.

Mobile phones should not be used, or should be turned off, around other materials that generate flammable or

explosive fumes or dust, (i.e. solvents, chemicals, gases, grain dust, etc.) To sum it up, here are the: Four Rules for Safe Refueling

- 1) Turn off engine
- 2) Don't smoke
- 3) Don't use your cell phone - leave it inside the vehicle or turn it off
- 4) Don't re-enter your vehicle during fueling. Bob Renkes of Petroleum Equipment Institute is working on a campaign to try and make people aware of fires as a result of "static electricity" at



gas pumps. His company has researched 150 cases of these fires. His results were very surprising:

- 1) Out of 150 cases, almost all of them were women.
- 2) Almost all cases involved the person getting back in their vehicle while the nozzle was still pump-

ing gas. When finished, they went back to pull the nozzle out and the fire started, as a result of static.

3) Most had on rubber-soled shoes.

4) Most men never get back in their vehicle until completely finished. This is why they are seldom involved in these types of fires.

5) Don't ever use cell phones when pumping gas

6) It is the vapors that come out of the gas that cause the fire, when connected with static charges.

7) There were 29 fires where the vehicle was re-entered and the nozzle was touched during refueling from a variety of makes and models. Some resulted

in extensive damage to the vehicle, to the station, and to the customer.

8) Seventeen fires occurred before, during or immediately after the gas cap was removed and before fueling began.

Renkes stresses to NEVER get back into your vehicle while filling it with gas.

If you absolutely HAVE to get in your vehicle while the gas is pumping, make sure you get out, close the door TOUCHING THE METAL, before you ever pull the nozzle out. This way the static from your body will be discharged before you ever remove the nozzle.

As I mentioned earlier, The Petroleum Equipment Institute, along with several other companies now, are really trying to make the public aware of this danger. You can find out more information by going to <http://www.pei.org/>. Once here, click in the center of the screen where it says "Stop Static".

Advise ALL your family and friends, especially those who have kids in the car with them while pumping gas. If this were to happen to them, they may not be able to get the children out in time.

## AAFES restricts purchase of medicines containing Dextromethorphan

Dextromethorphan (DXM) is a common cough-suppressing ingredient contained in more than 140 over-the-counter cough and cold medicines. When taken as directed and used properly, DXM is safe, but recent media reports and research indicate abuse of DXM is becoming more of an issue than previously thought.

While there is not yet a legal requirement to flag products with this ingredient, as

of Jan. 24 AAFES has been voluntarily limiting sales of products with DXM to customers over the age of 18.

A message on the cash register alerts cashiers to verify the age of the person buying products with DXM. Customers can still find cough and cold medicines with DXM in the Health and Beauty Care department of their BX/PX. The only difference customers will encounter will be at checkout.

"AAFES wants to be proactive when it comes to the health of military service members," said AAFES Senior Vice President Sales Directorate Maggie Burgess. "It is our hope that monitoring DXM sales will ensure our military families are not susceptible to abuse."

Army and DOD  
news on WBUC-  
TV Ch. 15; AFN-  
AM, 540 AM and  
AFN-FM, 31.9 FM



# MWR

# Caribbean Scoop

a taste of events to come...

Morale, Welfare and Recreation

visit us on the internet at [www.buchanan-army.mil/mwr](http://www.buchanan-army.mil/mwr) Fort Buchanan, Puerto Rico • March 2006

## ACS/FAP - Morning

**Playgroup** • Thu. 2 Mar • 10 am - 12 noon at SAS, Bldg. 148. These playgroups are designed to enhance children's social skills and to provide a safe and healthy way for children and their parents to have fun outside their home. Note: Children must be accompanied and supervised by parents during these playgroup activities. Please bring snack. For more details call Ms. Rivera, FAP Educator at 787-707-3698.

## Automotive Skills Center

*Change in Operation Hours Starting 13 MAR*

- Mon, Wed, & Fri • 9 am to 6 pm
  - Tue & Thu • 10 am to 8 pm
  - Saturday • 8 am to 5 pm
  - Sunday • Closed
  - NEW! Thursdays - Ladies Night Start 2 MAR
- Classes/workshops oriented to the females that want to learn how to do basic car maintenance.*

## March Classes:

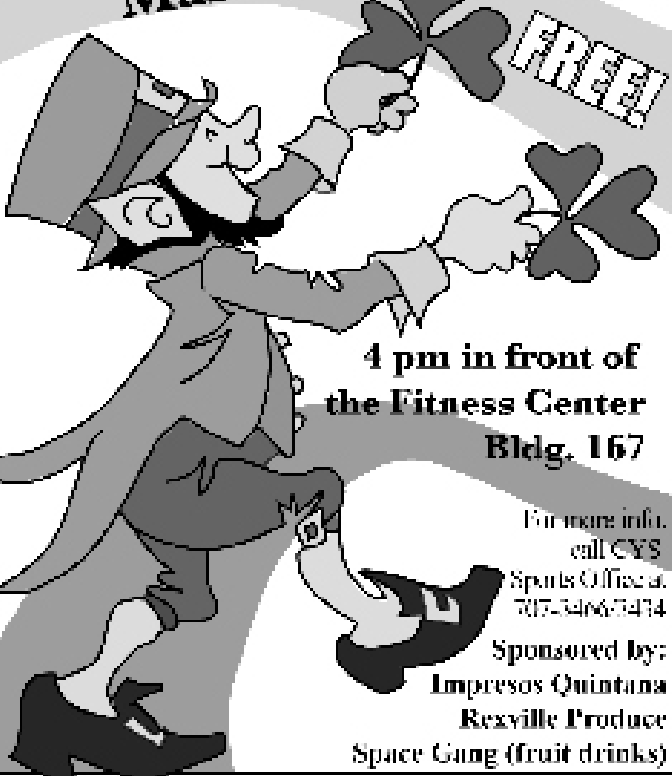
- How to Mount and Balance Tires  
Monday, 6 March • 4 pm
- Oil Change Class  
Monday, 20 March • 4 pm

## Scuba Trip to Culebra Island

Sat, 18 Mar • Departing at 7 am from Outdoor Rec. Bldg. 67 to Fajardo (transportation to Fajardo not included) and from there to Culebra. Boat ride to Culebra on a brand new spacious ASCG certified 46' long by 17' wide Newton Dive with swim platform, two fresh water showers, camera table, sundeck, drinking water, soft drinks, snacks, fresh fruit and beverages. Boat carries oxygen, VHF radio and Medic First Aid Kit. Fee: \$80 for divers with or w/out tank. For reservations and more information call Fort Buchanan Outdoor Recreation, Mondays and Fridays 8 am - 5 pm, and Saturdays 8 am - 12 noon: 787-707-3734 or 787-553-7222.



## CYS Leprechaun Fun Run



Sign in at 3 pm.  
For youth ages 4 - 18.

4 pm in front of  
the Fitness Center  
Bldg. 167

For more info,  
call CYS  
Sports Office at  
707-3466/7474

Sponsored by:  
Impresos Quintana  
Rexville Produce  
Space Gang (fruit drinks)

## Fitness Center HEALTH FAIR



*An opportunity to make questions and learn more about health. For details call the Fort Buchanan Fitness Center at 787-707-3767*

27 Feb - 3 Mar • 3 - 5:30 pm at Bldg. 511. OPEN TO TEENS  
9 to 12 Grade. Must register by Feb 22 at Teen Center. call 787-707-3826 for more details. Sponsored by: KARINA BAKERY



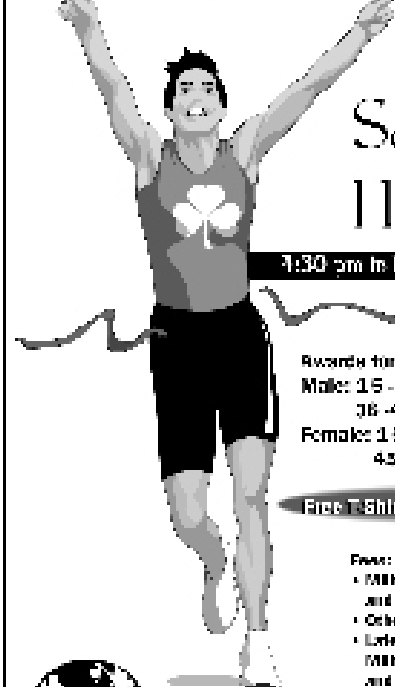
## BODY BUILDING Demonstration



**TUE, 7 MARCH**

Fitness Center, Bldg. 167, 4:30 pm.  
By U.S. Army Soldier, *Master Sergeant Miguel Pérez Martínez*, a 40 year old native of Dorado, Puerto Rico. Winner of three trophies at the Pacific USA All Forces Bodybuilding Championships in Anaheim, California on August 20, 2006. He was the "Over 35 Years Old Champion," the "Master's Overall Champion," and the "Light Heavyweight Champion." He also placed 2nd Overall in the National Competition and was recognized with the U.S. Army Most Valuable Athlete Award as well. *Photo by B31 Comstock and AG1 Anderson*

## St. Patrick's 10 Km Race



Saturday,  
11 March

1:30 pm in front of the Dorado Caves

Records for the top 3 in each Category:  
Male: 15 - 18, 19 - 26, 27 - 35,  
36 - 43, 44 - 54, 55 and over  
Female: 15 - 24, 25 - 34, 35 - 44,  
45 - 54, 55 and over.

Free T-Shirts for the first 50 to register

Fee:  
• Military & family members,  
and DoD ID card holders: FREE  
• Others: \$4  
• Little Fee: (day of race)  
Military & family members,  
and DoD ID card holders: \$2  
Others: \$4 - \$6 - \$12

For more information call Sports Office at  
787-707-3277







## Caribbean Scoop

Fort Buchanan, Puerto Rico • March 2006

visit us on the Internet at [www.buchanan.army.mil/mwr](http://www.buchanan.army.mil/mwr)



### Inside:

- Body Building Demo
- St. Patrick's 10 Km Run
- CYS Leprechaun Fun Run
- Health Fair at Fitness Center
- Automotive Classes
- Scuba Trip to Culebra Island

For more details about these events see inside at the MWR Caribbean Scoop!

#### Trip to San Sebastian's Farmers Market

Friday, 17 March. Bus departs from the Welcome Center, Bldg. 152 at 7:30 am. An opportunity to find fresh produce, specialty and bargain shops.

#### Cooking Class for Volunteers and Community

Tuesday, 21 March • 10 am - 1 pm in ACS Conference Room, Bldg. 1019, Buchanan Heights. Sponsored by Relocation Readiness Program and Army Volunteer Corps.

For additional information call Ms. Lucca at 787-707-3682. Reservations are required.



Friday, 17 March  
7:30 - 10:30 pm at  
DDESS Middle School Cafeteria

Fee: \$3 at door

Open to all MS students

For more information call  
CYS/MSP at 787-707-3783



Thank You! to the sponsors  
that made our Soccer League  
closing activity a great success.  
They were:

- Rexville Produce
- Space Gang (fruit drinks)
- Fernando C. Pujals & Bros. Inc.



Sat,  
18 March  
7am

Departing from Outdoor Recreation, Bldg. 67 to Fajardo (transportation to Fajardo not included), and from there to Culebra. Boat ride to Culebra on a brand new spacious ASCG certified 46' long x 17' wide Newton Dive with swim platform, two fresh water showers, camera table, sun deck, drinking water, soft drinks, snacks, fresh sliced fruit and beverages. Boat carries oxygen, VHF radio and Medical First Aid Kits.

**Fee:** \$80 for divers, with or w/out tank. For reservations and more information call Fort Buchanan Outdoor Recreation, Mondays and Fridays, 8 am - 5 pm; and Saturdays 8 am - 12 noon:  
**787-707-3734 or 787-552-7222.**

*The U.S. Army does not officially endorse sponsors, products, logos or services.*